



## Beer-Battered Fried Fish

- Beef tallow (could also use lard or coconut oil)
  - 2 lbs. grouper fillets, cut into pieces (can substitute your favorite fish)
  - 1 teaspoon Celtic salt
  - ½ teaspoon freshly ground pepper
  - 1 ½ cups sprouted wheat flour
  - 1 ½ teaspoons maple sugar
  - 1 teaspoon Celtic salt
  - 1 (12oz.) bottle beer (not light)
  - 1 teaspoon hot sauce
1. Melt beef tallow to a depth of 3 inches in a large Dutch oven; heat to 360 degrees.
  2. Sprinkle fish with salt and pepper.
  3. Whisk together flour and next 2 ingredients in a large bowl. Whisk in beer and hot sauce. Dip fish in batter, allowing excess batter to drip off.
  4. Gently lower fish into hot tallow. Fry fish (in small batches) 2-3 minutes on each side or until golden brown. Place fried fish on a wire rack or on paper towels.